

COMMUNITY AND ENRICHMENT CENTER WEEKLY NEWSLETTER JULY 2, 2021



## Lemon Pound Cake

### Ingredients:

#### **Lemon Pound Cake**

- 1 ½ cups (3 sticks) unsalted butter, softened
- 2 ¼ cups granulated sugar
- 7 large eggs separated, room temperature
- ¾ teaspoon cream of tartar
- ¼ cup lemon juice
- ½ cup buttermilk (or sour cream)
- 2 teaspoons pure lemon oil
- Zest of one large lemon
- ½ teaspoon salt
- ½ teaspoon baking soda
- 3 ½ cups all-purpose flour or cake flour

### **Lemon Icing**

- 2 cups powdered sugar
- 2 tablespoons lemon juice
- 1-2 tablespoons whole milk



### Directions:

#### **Lemon Pound Cake**

- 1. Brush vegetable shortening with a pastry brush into a 12-cup Bundt cake pan. Flour the pan and tap out excess flour. Set aside.
- 2. Separate the eggs, carefully. Do not get any egg yolk into the egg whites or they will not whip. Whip the egg whites with the cream of tartar in a clean, grease free bowl. Whip until you have a fairly stiff peak. Set aside.
- 3. In a large mixing bowl, using either a stand mixer or an electric hand mixer, cream the butter until light and fluffy. Add the sugar gradually, beating thoroughly. Scrape the sides and bottom of the bowl with a rubber spatula occasionally.
- 4. Add the egg yolks, one at a time. Scrape the bowl again. Add the lemon juice, lemon zest, buttermilk and lemon oil. Combine.
- 5. Sift the flour, salt, and baking soda into a bowl. Gently add the dry mixture to the cake batter. Scrape the bowl again, mixing everything thoroughly. You want the cake batter to be smooth.
- 6. Gently fold the whipped egg whites into the cake batter.
- 7. Bake in a preheated 325 degree oven for about 1 hour 10 minutes. Or until a toothpick when inserted comes out clean.
- 8. Remove the cake from the oven and let cool for 10 minutes in the pan. Remove the cake from the pan and let it cool completely on a baking rack. Once cooled, then drizzle with lemon icing.

### **Lemon Icing**

1. Whisk together the powdered sugar, lemon juice and milk. Add more milk if you want a thinner icing

### City of Yuma

## BRATION!

Starts at 5:30 PM Armstrong Ballfields

Star Spangled Banner sung by Addilyne Pagel Opening Flag Ceremony by VFW

Cotton Candy Stand Free Hotdog

Yuma Fire Dept. Water Gun Fight **Dance Fuzion** Performance

Bank of Colorado Pie Eating Contest

YPD and EMS Obstacle Course

Race a YHS Track

Trombone Performance by Dave Hoch

State Champ

**Shaved Ice** 

Yuma Chamber of Commerce Dunk Tank Fundraiser



# What's Happening?



### **MEET AND EAT**

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038



### TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

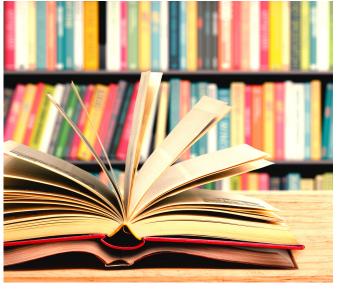
Call 970-848-0407 to find out more!



### YUMA PUBLIC LIBRARY **PROGRAMS**

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

yuma.colibraries.org



### **HAVE IDEAS?**

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.

### MEET AND EAT JULY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

### **Contact Information:**

Protein: 34.8g Fat: 17.4g Sod: 549mg | Protein: 30.5g Fat: 15.9g



Marlene Miller Lead Ombudsman/Senior Service, SHIP N.E CO. Area Agency on Aging, Yuma County mmiller@necalg.com Office 970-848-2277

### **JULY 2021** YUMA MEET & EAT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For Reservations Call 848-2038 by 8:00 a.m. the day you want the meal.	Menu may change due to availability of food items or conditions that cause the kitchen to close.	Suggested Donation - \$4.00	1	BEEF GOULASH "PARSLIED CARROTS ANNA'S DILLY BREAD STRAWBERRIES & BANANAS
if you must cancel your meal, please do so by 8:00 a.m. the day of the meal.		Under Age 60 Mandatory Charge - \$12.50		Calories: 605 Carb: 82.6g Fiber: 13.7 Protein: 36.7g Fat: 17.3g Sod: 885mg
5	-1	7	8	9
HAPPY XX	CHICKEN SALAD W/GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL PEAR ORANGE FRUIT CUP CARROT CAKE  BIRTHDAY RECOGNITION	SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES  SENIOR MEETING	CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING CANTALOUPE CUBES	SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD
	Calories: 709 Carb: 95.6g Fiber: 10.6g Protein: 34.3g Fat: 23.8g Sod: 931mg	Calories: 702 Carb:84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg	Protein: 34.8g Fat: 19.8g Sod: 762mg	Protein: 46.1g Fat:24.5g Sod: 903mg
SWEET & SOUR CHICKEN	2 13 SCALLOPED POTATOES & HAM	BBQ CHICKEN	CHOICE: HAMBURGER STEAK	LA SAGNA
BROWN RICE	BROCCOLI	ROTINI PASTA SALAD	BAKED FISH	TOSSED SALAD W/ DRESSING
	RAISIN ROLL	STIR FRY VEGETABLES	BAKED POTATO	ITALIAN VEGETABLES
	PINEAPPLE TIDBITS	BRAN MUFFIN	MIXED VEGETABLES	GARLIC BREAD
MANDARIN ORANGES W/ BANANAS OATMEAL NUT COOKIES	OATMEAL CHOCOLATE CHIP COOKIES	PEACH SLICES	ROLL CHERRY BANANA SURPRISE	FRUIT CUP
Protein: 36.5g Fat: 19.5g Sod: 612mg	Calories: 744 Carb: 105.2g Fiber: 10.1g Protein: 33.0g Fat: 24.1g Sod: 955mg	Protein: 43.3g Fat: 23.3g Sod: 877mg	Protein: 30.1g Fat: 12.6g Sod: 688mg	
TERIYAKI BEEF	9 20 BRAISED BEEF	D 21 BACON POTATO BREAKFAST BURRITO	HAM & BEANS	CHOICE: HAMBURGER STEAK
	MASHED POTATOES	GREEN CHILI W/PORK	WALDORF SALAD	CITRUS PEPPER SALMON FILET
	FRITO SALAD	SPANISH RICE	CORN BREAD	PARSLIED POTATOES
	HARVARD BEETS	TOSSED GREEN SALAD W/ DRESSING	MANDARIN ORANGES W/ BANANAS	COUNTRY MIXED VEGETABLES
	ROLL MELON CUP	FRESH FRUIT CUP APPLE GRANOLA COOKIE		BRAN MUFFINS CANTALOUPE CUBES
OTIS POTLUCK	CINNAMON CRISPIES	BLOOD PRESSURE		COOKIES W/ RAISINS
			Calories: 659 Carb: 112.4g Fiber: 13.6g	
Protein: 28.3g Fat: 12.3g Sod: 443mg	Protein: 31.9g Fat: 23.3g Sod: 995mg	Protein: 28.7g Fat: 35.0g Sod: 778mg	Protein: 28.6g Fat: 13.4g Sod: 908mg	Protein: 31.4g Fat: 21.3g Sod: 903mg
26		·		
SPANISH RICE W/ GROUND BEEF PEAS WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES	HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP	PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS & CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL	CHICKEN & SPINACH LASAGNA TOSSAD SALAD W/ DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP	CHOICE: CHICKEN CROISSANT TUNA CROISSANT POTATO SOUP SUPREME W/ CRACKERS BEAN MEDLEY SALAD TROPICAL FRUIT CUP
Calories: 677 Carb: 100 8g Fiber: 13 9g	Calories: 646 Carb: 100 9a Fiber: 10 7a	Calories: 622	Calories: 682 Carb: 80 6g. Fiber: 9 4g	Calories: 807

Fat: 23.4g Sod: 944mg

Sod: 1066mg Protein: 36.0g